

The Light?

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What Does It Mean To See “The Light?”

During my days in university or college or whatever you would like to call the dreadful place I attended, with quite a few of the people attending one thing stood out, with some more so than with others. A lot of the people attending, that I felt and later couldn't but conclude weren't of the right education to attend, often turned off or tuned down their feeling.

When you faced these individuals, it was like night and day. They could conclude you were an okay kind of guy and they would get a bit of a spark in their eye. They could be nice. Quite frequently however, they zoned out completely and their eyes turned not dull, but blank, unwritten, lacking any kind of focus, showing there was nothing really there.

Some people were constantly zoned out. These would also get others to join in with their pack and as a group, when any reason for an argument would pop up, they then defied any kind of logic and instead opted to assume one was “top dog” and the rest followed. I could but stand there and be “man,” yet found no way to reason with them.

A simple example would be that they went out running, would come back sweating, and instead of cooling down outside, they would come inside to the comfortably heated living room and open up all the windows. The heating was never turned down. During winter, they would always put the heaters on full with the windows open to let the ice cold air in.

Argument ensued, or so you would think, but it would be nothing more than a shouting match leading to a quick resolve, in that I didn't engage in social interaction anymore and retreated to my dorm room, spending my time by myself. And this was one of the lesser aggressive encounters, where no beer bottles were broken and no knives swung.

I knew they turned off their feeling and have seen it thus frequently that I know it exists. The irony being that these individuals are those that feel you need to have life experience and you get it by hanging in a bar. They get they need experience, but they don't know what it is or how to get it. When they do get a glimpse of it, I suspect this is what they call...

“Seeing the Light!”

In my life, I always see the light without pause, because I get life and life makes sense.

How To Learn People To Experience

I've been in shock four times, when things didn't make sense, and the first three of these four times, my experience was gone. I can't remember what happened during that time. The fourth time, I did still experience, but there was no logic to my situation, so I couldn't think.

That's not what this is about... Or is it?

Some people never learn. It's a fact that I've repeatedly told quite a few people how to solve problems, but defying all logic, they continue their practice of doing things wrong. During the first three times that I was in shock, you would probably be able to tell me anything, but it wouldn't register, because there was no experience, no frame of mind.

First we need to make sure that those that help figure out what the problem is and solve it are those that feel all the time. In order to be able to solve problems and handle any job with any kind of social responsibility, you need to have an integral view of reality. In order to have that, your sensations need to be on all the time.

Second, it's imperative to get these individuals that can turn off or tune down their sensations to have their sensations turned on all the time. We need to get them to a place that their senses are interlinked with and each other and reason to the extent that the connection can no longer be severed.

They understand they need to experience and it's up to us to let them.

Pitfalls To Evade

Learning through experience means that they need to be offered sensations grounded in reality, with a clear logic to them. There's no drug that can do this, because those kinds of experiences can't be linked to the outside world. In other words, they aren't worldly experiences. They also aren't funny, because the drug abuser stands to lose against all ethics.

People, especially those without an integral view of reality, need to understand that drugs are a pitfall to be avoided. They limit your experience, make you dependent, and further domesticate you beyond what was already the case. As such drugs are an end to any means and never a means to an end. For a new beginning, quit drugs if you're already doing them.

Another pitfall is the idea that it's good to be tough or hardened. These people have learned to tune down or disregard their sensations even further.

That's not a good thing, that's a bad thing. In the animal kingdom, true animals never survive. The social animals typically become the alpha males and females, because they keep the others safe and offer quick resolve in case of problems.

Man nor woman shouldn't step into a cage and be an animal in the truest sense of the word. We should step up instead and be there for each other. We should rise above basic instinct and allow caring and feeling to take over, which as proven in nature by the alpha males and females, leads to a stronger, more sensible approach with a higher survival rate.

What's the first objective, the end goal, of a green beret in a survival situation? To find other humans in order to be able to survive. All other objectives only provide the means to get there, to stay alive long enough to be a part of society again.

A Practical Approach To Experience

To ground them in reality, as in train their integral view of reality, as such the approach should be twofold. One, they need to have pure sensations of physical things, making use of

all five senses: hearing, touch, sight, taste, and smell. Two, they need to focus on what it is they sense, being made aware of actions, reactions, and general responses of self and others.

To do so, I propose the following: don't take nature out of man nor woman, but take man and woman to nature.

It's important that people sense the feel of a tree, its bark, the moss growing on it, and when you scratch some of it off, the feel of the bark under the moss. And what's it like to run your fingers through dry sand, solid wet sand, submerged wet sand with an inch of water on top of it, and just water?

Create a safe environment also for them to experience different tastes without having to be afraid to fall ill. They could also try tasting rocks, and sand, and leaves, provided they are clean and safe to taste. Also explain it to them that they need to be cleaned first before you can do so. We don't want them to fall ill.

Next to getting them to focus on their senses, training their reasoning faculties and their faculty of being, I propose to make use of an old Zen exercise: constantly be aware of what you do and your surroundings and keep reciting what it is you do and experience.

Notice that you pick up a cup, how it feels, and note it is full or empty. Notice you walk down a road, that you step forward with your left foot or your right, and what it feels like to step forward. Is the road soft or hard? Or a mixture of both? And why?

The Big Why

Some people will ask why we experience.

It's a question that should lead to a different answer, not relating to the act of experiencing by itself. Experience in itself doesn't have meaning, it gives meaning to life. What we experience tells us what something means to us and you should trust that a lot of other people will feel the same.

We may all have our own jobs, but you don't have to be a truck driver to see that the delivery man or woman gets to drive a truck best described as "handsome."

Something else that you might want to point out is that when people turn off or tune down their sensations, they don't really experience. Imagine you've lived a life counted as eighty years, but you've experienced only ten of them. How long has your life really been?

Most people would argue that you've only really lived for ten years even though we want to see you make it to eighty or preferably even older. If you want to live a long and happy life, don't turn off or tune down your sensations. Experience instead.

Literature

Emile M. Hobo (2020) "Domestication Checklist" : www.emilehobo.nl * Sophism, Psychology.